

# PANĀ

India's  
Indigenous  
Cold Drinks



Navdanya

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# PANA



## India's Indigenous Cold Drinks

### Introduction

The Indian summer brings with it days upon days of unrelenting heat. The blazing sun dries up nearly all water sources outside as well as within the human body. The state of having body fluids below a requisite minimum is termed as dehydration, and can pose a serious health risk if left unattended.

However nature itself provides the antidote to this problem, in the form of various fruits and vegetables having a high juice content and an inherent cooling tendency. India's rich and plentiful biodiversity has led to generations of Indians evolving a diverse range of indigenous drinks to counter the summer heat and related health problems such as sunstroke and heatstroke.

Today, it appears as if the tradition of biodiversity based drinks has receded from our memory and instead we now have a generation that "eats cola, sleeps cola, drinks cola". We cannot overemphasize the total lack of nutritional inputs, not to say harmful effects from these soft drinks.

In an attempt to revive the forgotten taste, smell and nutrition of our indigenous cold drink culture, we have searched the 'Sherbet Kosh' of our country to bring to you recipes of deliciously refreshing and cool summer drinks.

# Khas

<i>Hindi</i>	:	Khas
<i>Kannad</i>	:	Vattiveru
<i>Malayalam</i>	:	Raamaccam
<i>Tamil</i>	:	Vettiver
<i>Telugu</i>	:	Kuruveru



The Khas plant is grown throughout India, in the plains and lower hills upto 1250 m. It is a dense, tufted perennial grass with aromatic roots and rhisomes. The part of the plant used by man are its roots which are used for flavouring food; they also have medicinal value and olfactory appeal.

The scientific name  
of the Khas plant is:

*Vetiveria Zizanioides*

### Ingredients :

Vetiver distillate (khas ka ark)	250 ml
Sugar	2.5 kg
Lemonis	3
Water	1 ltr



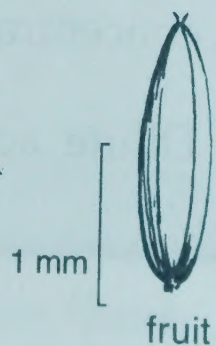
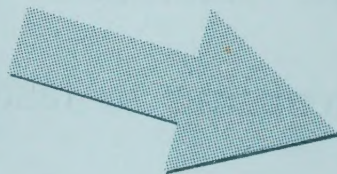
panicle

### Method

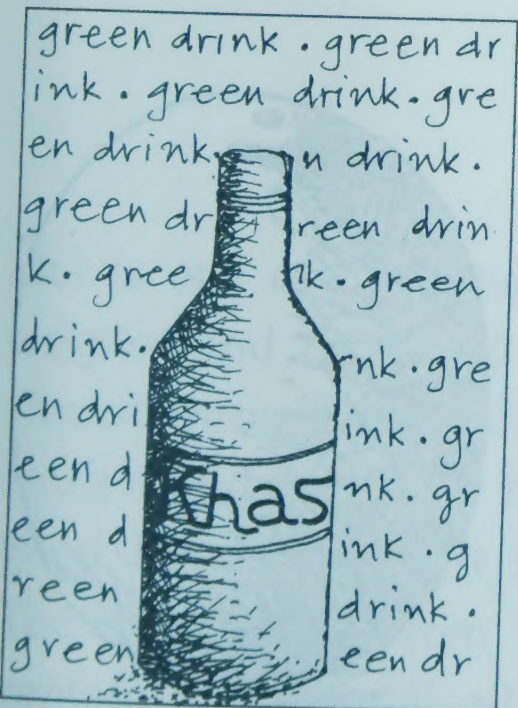
- Boil together, the vetiver distillate, water, limejuice and sugar till it becomes a thick liquid (of specific gravity 1250)
- Allow the liquid to cool and then sieve it to obtain the concentrate.



portion of panicle



fruit



# Bel

Hindi : Bel

Kannad : Bela

Malayalam : Koovalam

Tamil : Bilva

Telugu : Bilavamu

The scientific name  
of the Bel plant is  
*Aegel marmelos*

## Ingredients :

Bel fruit

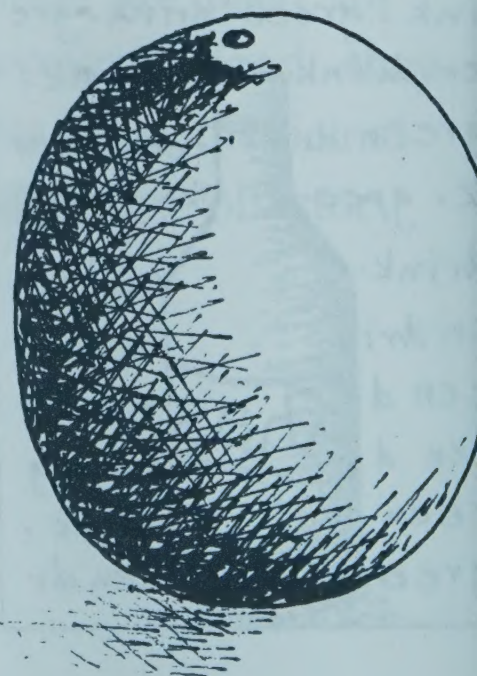
Salt

Sugar

Water

## Method

- Take out the pulp of the fruit and soak for 2-3 hrs.
- Squeeze it through some muslin cloth.
- Add sugar and salt to the concentrate obtained.
- Dilute according to taste.





Bel is one of the most sacred Indian trees. It is grown near temples and dedicated to the Hindu god Shiva. It is found almost throughout India. It flowers and fruits in May/June. Unripe and half ripe fruits are good for stomach aches and are good for digestion. It is also used for diaorrhea and dyssentry. The drink made from bel is cooling and aromatic. Its leaves contain an essential oil.

# Imli ka Pani

The scientific name  
of the Imli plant is :

*Tamarindus indica*

A large evergreen tree growing upto 30m with deep fissures in it's bark, Tamarind is grown all over India particularly in the south. A great tonic, Tamarind is useful to cure diarrrohea, asthma, ulcers, fever and scalding of urine. It is anti-inflammatory, antifungal and antiseptic as well as an excellent digestive.

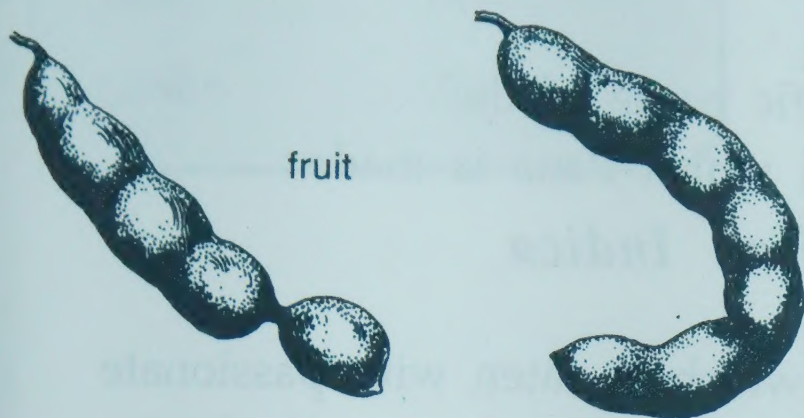
Hindi : Imli

Kannad : Huli

Malayalam : Puli

Tamil : Puli amilam

Telugu : Cintapandu



### *Ingredients :*

Tamarind

Jaggery

Ginger Paste

Rock Salt

Jeera Powder

Pudina (optional)

### **Method**

- Take the tamarind and jaggery and soak in water for 1-2 hrs.
- Boil the mixture after squeezing it through a muslin cloth.
- Add ginger paste, jeera and rock salt according to taste.
- Store the concentrate in a cool place.
- Add water according to taste.



# Pana

The scientific name of the  
Mango plant from which Pana is made :

*Mangijera Indica*

The golden fruit of summer, which is eaten with passionate delight by all, the mango, is grown throughout India from Kumaon to Assam and southward in peninsular India. The fruit is borne on an evergreen tree, 10-45 m high with widely spreading branches. Unripe mango is used for sore throat and as a gastric stimulant. The fruit is invigorating, a laxative, nutritious and refreshing.



Hindi/Bengali : Aam

Tamil : Mamaram

Sanskrit : Amra

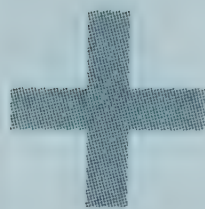
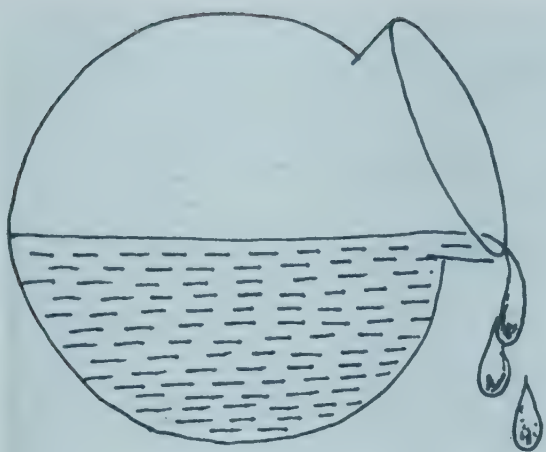
### Ingredients :

Unripe Mango	1 kg
Jeera powder	1.5 tsp
Pudina	2 bunches
Sugar	425 gms
Kala namak	4 tsp
Regular salt	4 tsp
Water	1 ltr

### Method

- Pressure cook the mangoes.
- Remove the pulp.
- Add all the other ingredients except the sugar, kala namak and salt and mix.
- Strain the mixture by squeezing it through a muslin cloth to obtain the concentrate.
- Add the sugar, kala namak and salt.
- Add water according to taste.



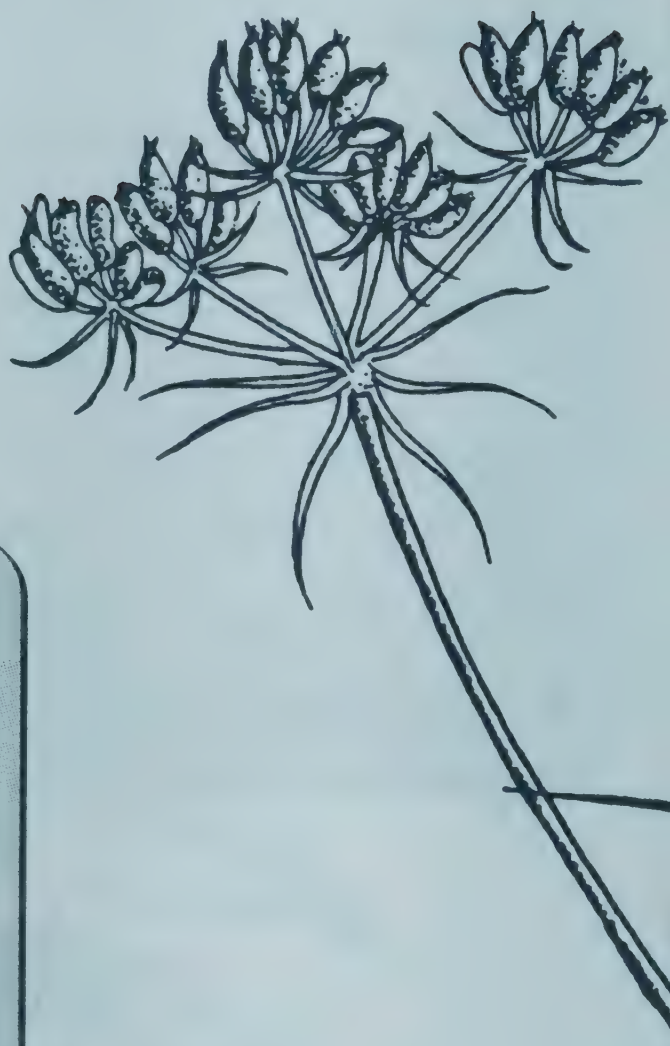


The scientific name  
of the Jeera plant is :  
*Cuminum cyminum*

Hindi/Bengali : Bira/Jeera

Tamil : Shirangam


Sanskrit : Jiraka



### Ingredients :

Pudina	16 bunches
Dhania	3 bunches
Green Chilli	5
Jaggery	500 gms
Tamarind	450 gms
Roasted Jeera	7 tblsp
Black salt	6 tblsp
Black Pepper	1 tsp
Hing	2 pinches
Boondi	1 packet

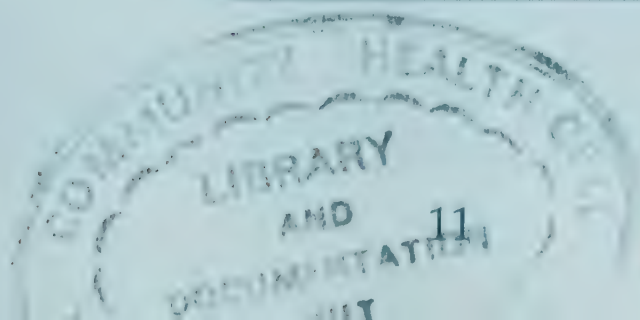
# Jaljeera



Cultivated in Punjab and South India, Jeera is a slender annual herb used extensively in day to day cooking. Jeera is cooling, anti diarrhoea and anti dysentric. Its paste is applied externally to relieve pain and irritation due to worms in the abdomen.

## Method

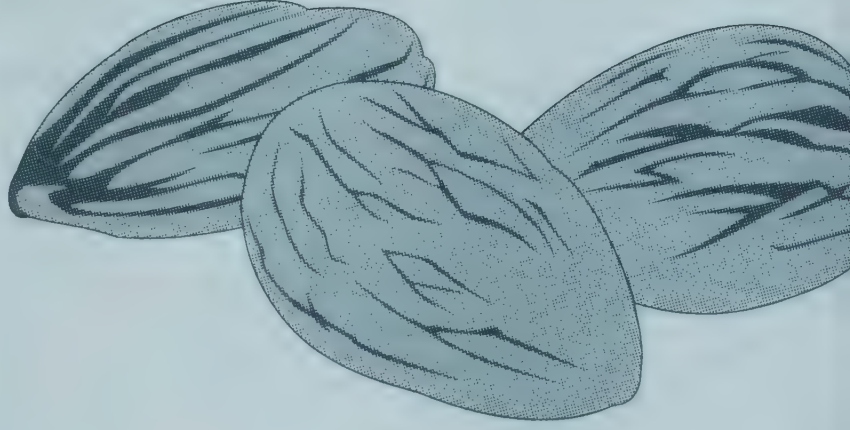
- Grind the Pudina, Dhania and green chillis in a mixie.
- Add the rest of the ingredients except the boondi.
- Soak the mixture overnight.
- Strain, dilute and add the boondi.



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# Thandai

The scientific name of almond, the base for Thandai is :  
*Prunus dulcis*



English	: Almond
Hindi	: Badam
Kannad	: Badamu
Malayalam	: Badamkotta
Sanskrit	: Vatadah
Tamil	: Vatamkottai
Telugu	: Badamvittulu



To prepare, the thandai concentrate is a marathon task but the drink is as deliciously soothing as the name promises. Its ingredients are a medley from all over the country and its base, the almond, is cultivated in Kashmir and Punjab at an altitude of 760-2400 m. The plant is a middle-sized tree upto 8 m in height bearing the sweet kernel which we call "badam". Almond oil is sweet, anti-spasmodic and is useful in vitiated conditions of cough, wounds, ulcers, cracked skin and burning sensation.

### Ingredients :

Sugar	5 kg
Almonds	2 cups
Melon seeds	
(peeled)	1 cup
Khas-khas	0.5 cup
Black pepper	"
Saunf	"
Munakka	"
Elaichi ( <i>chhoti</i> )	
Rose petals	
Rose water	
Saffron	5 gms



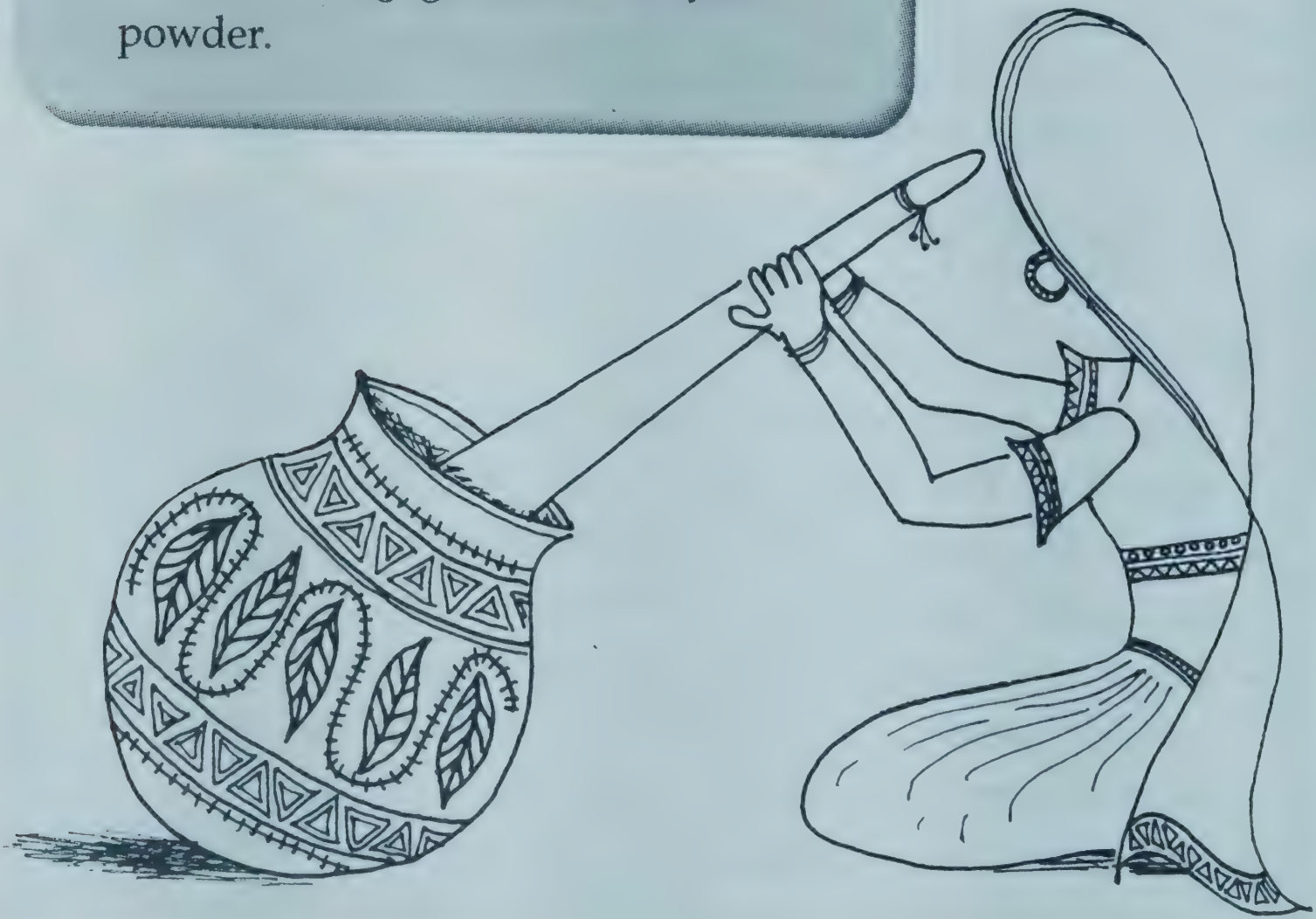
### Method

- Soak the almonds in cold water then peel off the skin. Grind them to a fine paste. Soak the seedless munakka as well.
- Grind the melon seeds and munakka in a mixie to a fine paste. Sieve the paste through a muslin cloth.
- Grind the Khas-khas, black pepper, Saunf, rose petals, and the elaichi into a paste adding water and sieve the mixture through a muslin cloth.
- Boil all the above preparations together (except the almond paste) after adding the sugar till it becomes thick.
- Add the almond paste and bring to a boil again.
- Remove from heat and add ground saffron along with rose water after it cools a little.
- This is the concentrate. To store add 0.5 tsp of sodium benzoate.
- Add water or milk to dilute and drink.

# Lassi

## Method

- Churn the curds and add a suitable quantity of water to vary consistency.
- Add salt/sugar to taste.
- Before serving garnish with Jeera powder.



## Butter Milk (Mattha)

Full-cream milk when churned to obtain butter leaves behind a watery residue. This residue, when tempered with a pinch of turmeric, curry leaf and Rai in ghee gives a delicious drink called buttermilk.

# Ras

## *Ingredients :*

Lemon

Salt / Rock salt

Sugar

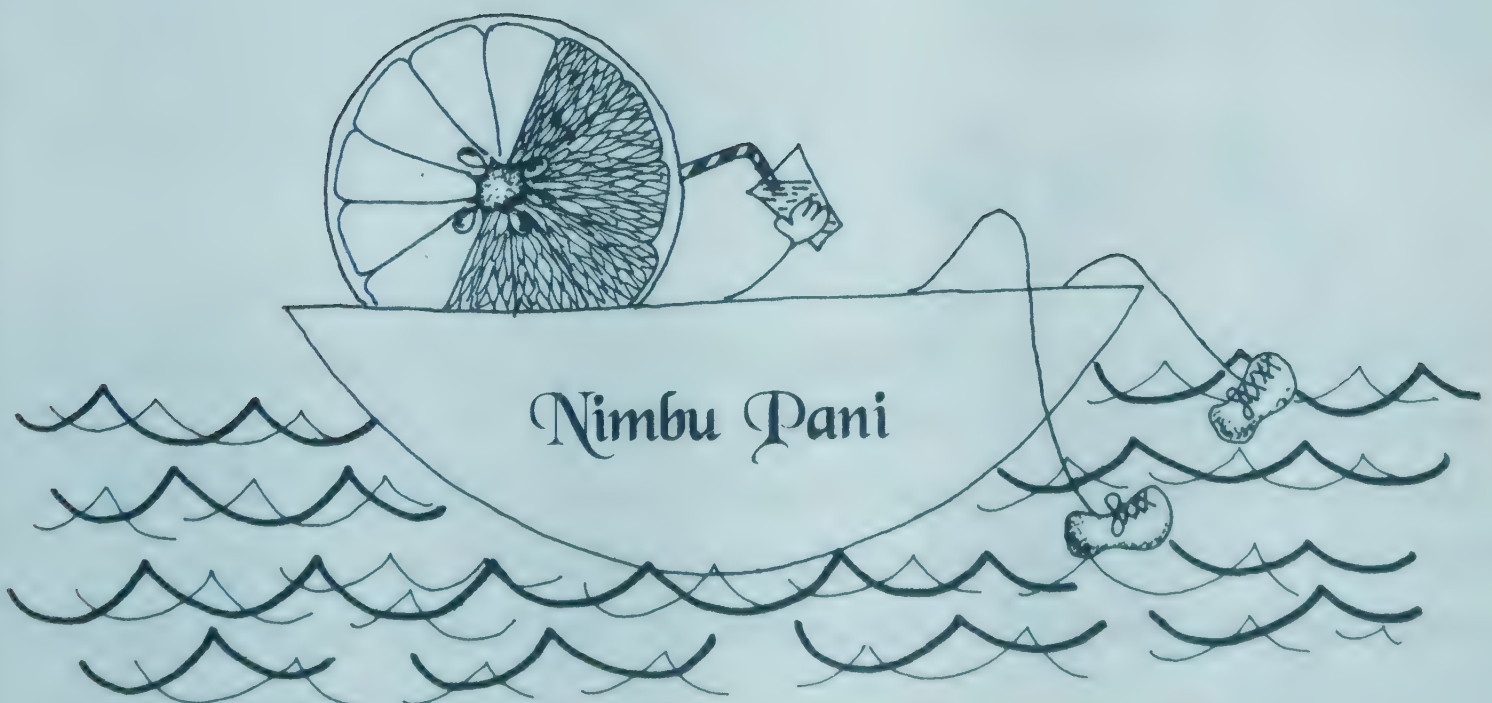
Water

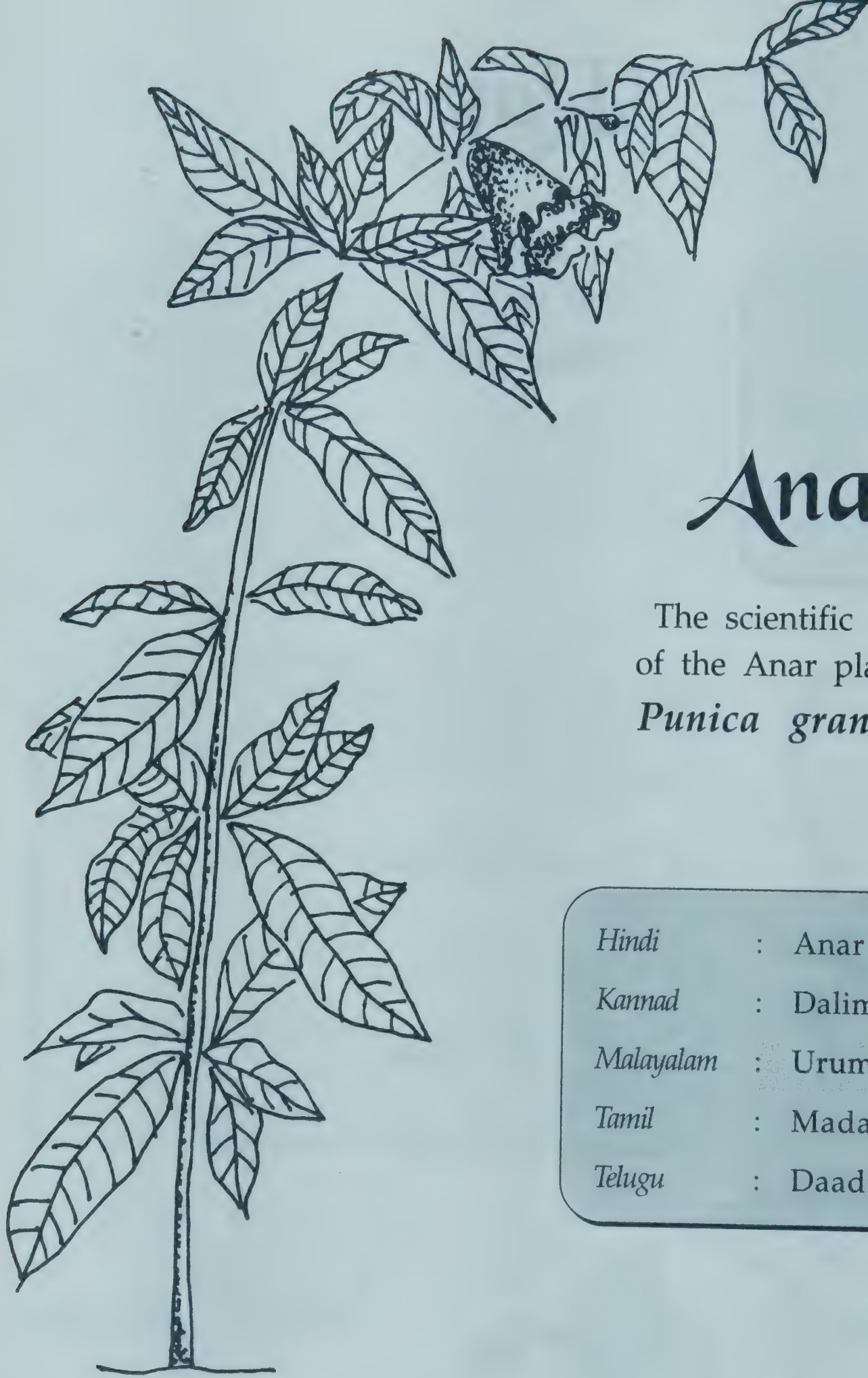
The scientific name of the lemon plant is :

*Citrus limon*

## Method

- Squeeze the lemons to obtain the juice.
- Dilute it with water.
- Add sugar and/or salt according to taste.





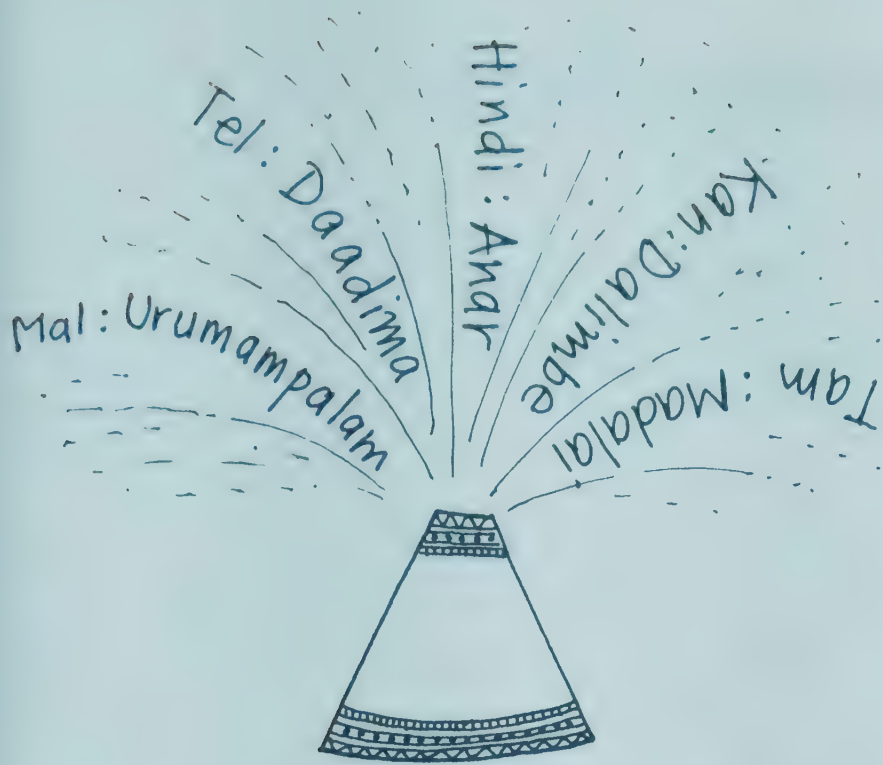
# Anar

The scientific name  
of the Anar plant is :

*Punica granatum*

Hindi	: Anar
Kannad	: Dalimbe
Malayalam	: Urumampalam
Tamil	: Madalai
Telugu	: Daadima

Pomegranate is a fruit distinguished by its red seeds, which are frequently eaten along with chaat or salads. The plant is a large deciduous undershrub upto 10 m in height. The root and stem bark are used as astringent, cooling agent and are good for strengthening the gums. An extract of the flowers is very effective for epistaxis.



### Method

- Boil the pomegranate juice to half its volume.
- Boil the water and sugar to obtain a thick syrup.
- Mix the syrup and juice together to obtain the concentrate (store in a cool place).
- Dilute to serve.

### Ingredients :

Pomegranate juice	1 ltr
Water	½ ltr
Sugar	2 kg

# Phalsa

### Ingredients :

Phalsa	½ kg
Rock Salt	
Sugar	
Salt	



### Method

Mash the Phalsa till the seeds come out add water to the pulp and sieve it through a muslin cloth. Add sugar, rocksalt and common salt according to taste.



# Cucumber

The scientific name of the Cucumber plant is :

*Cucumis sativus*

## Ingredients :

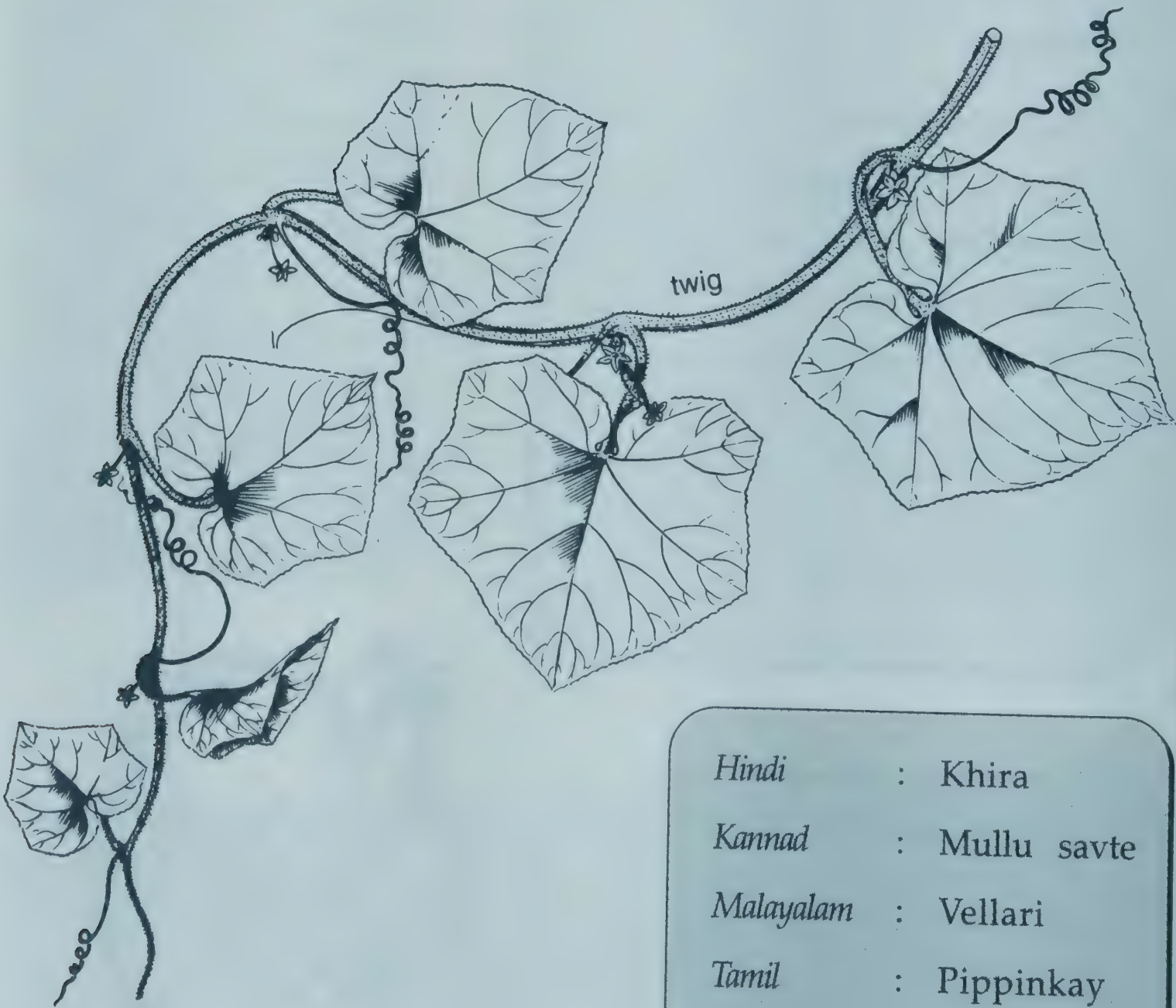
Lemon juice

Salt

Sugar

Cucumber

This green coloured fruit forms a common part of our daily life in the form of slices on the dinner table as salad or on the eyes to treat dark circles. It is Nature's very own coolant. It is useful in conditions of burning sensation, fever, insomnia and bronchitis.



Hindi : Khira

Kannad : Mullu savte

Malayalam : Vellari

Tamil : Pippinkay

Telugu : Dosankaye

### Method

- Peel the cucumbers, cut them into small pieces and put them in a mixie.
- Strain the juice.
- Add Lemon juice and salt to it according to taste and then add some sugar.



## Leechi Juice

### Ingredients :

Leechi

Sugar/Optional

### Method

- Peel the fruit.
- Remove the seeds.
- Extract juice using a mixie.

## Watermelon Juice

### Ingredients :

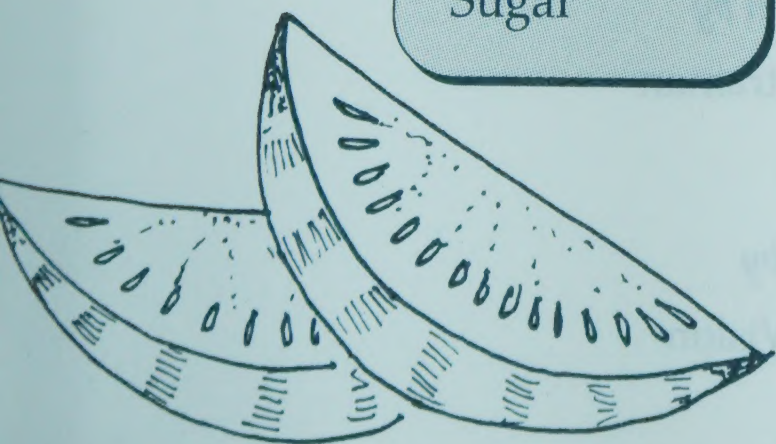
Watermelon

Rock Salt

Sugar

### Method

- Cut the fruit into pieces.
- Remove seeds.
- Put it in a mixie and extract juice.
- Add sugar and salt according to taste.



*Published by*



**Navdanya**

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Phone : 696 8077, Fax: 685 6795

SEPTEMBER 1999

*Compiled by*

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*Illustrations by*

Arundhati Maheshwari

*Cover design by*

S.K. Venkatraman

*Printed by*

Systems Vision





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